

ESSENTIAL OILS



PURPOSE:

Why?

Essential oils are highly concentrated versions of natural oils found in plants. Many oils are thought to uplift the human psyche and many also have antiseptic properties, meaning they reduce the chances of infection when used topically! Aromatherapy is one of the most common therapeutic applications of essential oils that can help alleviate stress, anxiety, and depression symptoms.

HOW TO:

Materials & Budget

- Essential oils (\$30)
- Fractionated Coconut Oil (\$15)
- Essential Oil Rollers (\$15 for a pack of 24)
- **Lavender** - Research suggested that it may be useful for treating anxiety, insomnia, depression, and restlessness.
- **Bergamot** - Known to build confidence and enhance your mood, bergamot oil is one of the best essential oils for depression and it helps alleviate stress and anxiety.
- **Chamomile** - Chamomile benefits your emotions by providing soothing qualities to help with depression.

Instructions

- Fill most of the oil rollers with coconut oil.
- Mix a few drops of an essential oil in the coconut oil.
- Optional: combine all essential oil scents to make your own scent!

Timeline

You need to plan this event 2 weeks in advance. It requires going shopping in-person or online. The actual activity should take no longer than 20-30 minutes.

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually.

Example(s)

Example from Northfield High School
BC2M!



Example of essential oils:



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

